

# ARTICLE 64

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In closed worksites, Hot temperatures are measured using a Wet Bulb Globe Thermometer (WBGT). Maximum temperature levels depends on the kind of work/activity performed, as shown below:

<u>Work Load</u>	<u>Max Temperature</u>
Light work	30 C°
Semi Heavy Work	26.7 C°
Heavy Work	25 C°

**CONTINUOUS WORK = 8 HRS/DAY**

# **ARTICLE 148 DECIES**

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**In case of excessive heat, the following measures must be taken:**

- ▣ A. Workers exposed to direct sun rays must be protected (screens, blinds, ect....)**
- ▣ B. Employer must distribute cool refreshments, as recommended by Labor Physician (cool water)**
- ▣ C. Within 48 hours, employer must install ventilation systems in the worksites.**
- ▣ D. If nuisance still exists, then rest periods will be implemented. Please refer to the work/rest period chart.**

**(please note rest periods are to be taken in a cool area, away from nuisance, if possible)**

# REST / WORK PERIODS

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□ <u>LIGHT</u>	<u>SEMI-HEAVY</u>	<u>HEAVY</u>	<u>WORK</u>	<u>REST</u>
C°	C°	C°	(min)	(min)
□ 30.1	26.8	25.1	110	10
□ 30.4	27.5	25.5	100	20
□ 30.6	28.0	25.9	45	15
□ 30.9	28.5	26.6	40	20
□ 31.2	29.0	27.3	35	25
□ 31.5	29.5	28.0	30	30
□ 31.8	29.8	28.7	25	35
□ 32.1	31.1	29.4	20	40
□ 32.4	31.4	30.1	15	45
□ 32.7	31.7	30.8	10	50
□ 33.0	32.0	31.5	5	55